# How To Deal With Insomnia

• Change you attitude. Don’t try to fall asleep. Don’t struggle. The minute that you struggle to fall asleep, you become tense and worry. Usually tension and worry make insomnia worse.

•Go to bed when you feel tired and sleepy. Don’t go to bed to early. If you find yourself tossing and turning and feeling frustrated, get out of bed and get involved in a relaxing activity. Then try again to go to bed when you are tired and sleepy…

•Say No to stimulants. Sodas, coffee, tea and a lot of sugar can prevent you from sleeping.

•Take a look at your sleeping environment. It should be quiet. Your mattress should be comfortable. Is you space the right temperature?

•Take care of your business and personal matters several hours before bedtime in order to calm down, unwind and relax as you approach sleep.

•If not involved in a regular aerobics program, then start one! Regular exercise seems to help improve sleep!

•Reduce your fluid intake in the evening. This helps reduce the chance of getting up during the night to go to the bathroom